

Sorry Smokers, There is No Such thing as Safe E-Cigarettes

 patheos.com/blogs/withoutacrystalball/2018/10/13950

Katie Paulson

October 14, 2018

Multiple studies completed over the past several years indicate several health issues associated with vaping and smoking an e-cigarette. When e-cigarettes hit the market in 2006, companies assured the FDA the products were safe for consumption. They believed the product safety based on the fact that ingredients used in their product were already FDA approved. However, studies completed indicate the products damage the lungs and increase the risk of heart attack in users.

When e-cigarettes entered the market in 2006, companies manufacturing the e-cigarettes pushed the product as an alternative for smokers. Manufacturers asserted that vaping would decrease cigarette consumption and help people quit.

Unfortunately, the products are addictive, and many users smoke both e-cigarettes and cigarettes. The use of e-cigarettes does not seem to help people quit smoking. Instead, the product creates an addiction to the e-cigarette.

In February 2018, a study released by the [University of California San Francisco](#) concluded that users of e-cigarettes have an increased risk of having a heart attack. The study determined smokers of e-cigarettes are two times more likely to have a heart attack than a non-user.

Also, the research concluded that smokers using e-cigarettes often continue to smoke regular cigarettes. When the individual uses both methods for smoking, they become five times more likely to have a heart attack than a non-smoker.

E-cigarettes contain fewer carcinogens than a traditional cigarette. However, e-cigarettes expose users to more ultrafine particles and toxins that irritate and disrupt the cardiovascular system and lungs. The particles can cause non-cancer related deaths in users. Noncancer-related deaths encompass 50% of all deaths associated with smoking.

The study determined that when users quit smoking the e-cigarettes, their risk of heart attack returns to normal levels.

Last week a study published in [The American Journal of Physiology](#), determined that chemicals used in the e-cigarettes can inflame and damage the lungs. Researchers studied several groups of mice. The scientists separated the mice into groups to identify what chemicals might contribute to lung inflammation.

The mice that had exposure to the flavoring chemical used in the e-cigarettes had the most respiratory issues. Researchers noted that mice had increased mucus production and reduced lung function when exposed to the flavor chemicals.

Additionally, they determined some of the inflammation in the lungs to of the mice was temporary. The longer the mice received the chemicals the inflammation reduced in their lungs.

However, other chemicals appeared to elevate inflammation proteins in the mice. The increase in inflammation proteins in the mice suggests that short-term exposure to the flavoring is not safe.

When the e-cigarettes were first marketed to the FDA, companies said the ingredients used in the e-cigarettes were FDA approved for consumption. However, the ingredients had not been tested to determine safety if smokers inhaled the ingredients.

The new study suggests that inhaling the flavored e-cigarettes causes damage to the lungs. Scientist of the study said that more research needs to be done to determine long-term damage to the lungs from the flavors.

As scientists learn more about the dangers of the e-cigarettes, the FDA has put the e-cigarette industry on notice. The FDA is primarily concerned in how the companies market their product to the youth. FDA Commissioner Scott Gottlieb, M.D., says the U.S. is facing an epidemic increase in teens using e-cigarettes.

In the statement from September 2018, the FDA said:

“We announced the largest coordinated enforcement effort in the FDA’s history. It resulted in the issuance of more than 1,300 warning letters and civil money penalty complaints to retailers who illegally sold e-cigarette products to minors during a nationwide, undercover blitz of brick-and-mortar and online stores.

The FDA also issued letters to the makers of JUUL, Vuse, MarkTen, Blu e-cigarettes, and Logic. These are the five top-selling brands. They collectively make up over 97 percent of the U.S. market. We asked each company to submit plans within 60 days describing how they’ll address the widespread youth access and use of their products.

Their responses will be reviewed as part of our reconsideration of the current policy for noncombustible tobacco products such as e-cigarettes, particularly products with certain flavors, that extended the compliance date for submitting a marketing application until 2022.”

For now, the only way users can reduce lung inflammation and decrease their risk of a heart attack is by not smoking. There is no such thing as safe smoking.

If you want to engage with me on social media, please connect to me with the following links:


Follow me on Facebook

Talk to Me on Twitter

Follow my Boards on Pinterest

On Instagram

If you enjoy my articles, please consider a one time gift via my Buy Me a Coffee Account. I work hard to provide insightful content every day for you to enjoy.

 Buy me a coffee

Or

Subscribe and commit to a small monthly donation to support my writing. Funding provided by donations allow me to pay for images, pay contributors, and raise funding for grants for families of children with disabilities.

Subscribe to My Patreon Account

[Previous Post](#)



[October 13, 2018](#)

[Free Birther Opts for a Water Birth into the Toilet](#)